

Vegetables

Dark Green

- ♦ Bok Choy
- ♦ Broccoli
- ♦ Chard
- ♦ Collard Greens
- ♦ Dark Green Leaf Lettuce
- ♦ Kale
- ♦ Mesclun
- ♦ Mustard Greens
- ♦ Romaine Lettuce
- ♦ Spinach
- ♦ Turnip Greens
- ♦ Watercress

Red / Orange

- ♦ Acorn Squash
- ♦ Butternut Squash
- ♦ Carrots
- ♦ Hubbard Squash
- ♦ Pumpkin
- ♦ Red Peppers
- ♦ Sweet Potatoes
- ♦ Tomatoes
- ♦ Tomato Juice

Legumes

- ♦ Black Beans
- ♦ Black-eyed Peas (mature)
- ♦ Edamame
- ♦ Garbanzo Beans (chickpeas)
- ♦ Kidney Beans
- ♦ Lentils
- ♦ Navy Beans
- ♦ Pinto Beans
- ♦ Soy Beans
- ♦ Split Peas
- ♦ White Beans

Starchy

- ♦ Cassava
- ♦ Corn
- ♦ Black-eyed peas (not dry)
- ♦ Green Bananas
- ♦ Green Peas
- ♦ Green Lima Beans
- ♦ Jicama
- ♦ Plantains
- ♦ Potatoes
- ♦ Taro
- ♦ Water Chestnuts
- Parsnips

Other

- ♦ Artichokes
- ♦ Asparagus
- ♦ Avocado
- ♦ Bean Sprouts
- ♦ Beets
- ♦ Brussels Sprouts
- ♦ Cabbage
- ♦ Cauliflower
- ♦ Celery
- ♦ Cucumbers
- ♦ Eggplant
- ♦ Green Beans
- ♦ Green Bell Peppers
- ♦ Iceberg (Head) Lettuce
- ♦ Mushrooms
- ♦ Okra
- ♦ Onions
- ♦ Parsnips
- ♦ Peas (edible pods)
- ♦ Radish
- ♦ Turnips
- ♦ Wax Beans
- ♦ Zucchini

